

Produced by the Alabama Department of Public Health
The Alabama Department of Public Health is a partner of the Public Health Training Network

SLEEP DISORDERS:

How do They Affect Your Patient's Health?

SATELLITE CONFERENCE AND LIVE WEBCAST

Tuesday, February 23, 2010 2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

Neurological studies suggest that twenty million people experience some type of sleep problem each year. For an additional 40 million people that lack of sleep is more than just a problem, it's a disorder that can have detrimental effects on their health. Those most affected are the elderly and women, but the good news is once a sleep disorder is diagnosed, it's usually easy to manage. So, don't let your patients miss out on one more minute of sleep, their health could depend on it.

PROGRAM OBJECTIVES

1. List three different sleep disorders.
2. Describe signs and symptoms of sleep disorders.
3. Understand tests used to diagnose sleep disorders.
4. Learn three ways sleep disorders can affect your patient's health.
5. Name treatment options for at least two sleep disorders.

FACULTY

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Sleep Services Manager
Baptist Medical Center South
Sleep Disorders Center
and Prattville Baptist Center

CONFERENCE DETAILS

Target Audience: Home health aides, home attendants and other professionals and family workers who administer and care for patients in the home setting.

Continuing Education: None for this program.

Registration: www.adph.org/alphtn

Technical Information: To receive complete technical information you must register at www.adph.org/alphtn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphtn.

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphtn@adph.state.al.us

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